

➤ Health by the numbers

## Hit your targets and score one for health

At each visit to the doctor, write down the numbers your doctor finds for each of the categories below. These numbers will help you monitor your levels of LDL (bad) cholesterol, HDL (good) cholesterol and triglycerides. These numbers can tell you important things about your overall health. Talk to your doctor about what your target numbers should be.

### Keep an eye on your waistline

Your waist circumference is an indicator of abdominal fat. A larger waist increases your risk for type 2 diabetes, high blood pressure, high cholesterol and heart disease.

Determine your waist circumference by placing a measuring tape snugly around your waist, level with your navel.

Health risks increase with a waist circumference of more than 40 inches for men and more than 35 inches for women.

### Your BMI and waistline are vital signs

Your Body Mass Index (BMI) is one indicator of your health. Talk to your doctor about your BMI and what you can do to improve your number and your health.

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### Questions?

Please call 877-277-7281 or email [careprograms@modahealth.com](mailto:careprograms@modahealth.com). TTY users, dial 711.

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ATENCIÓN: Si habla español, hay disponibles servicios de ayuda con el idioma sin costo alguno para usted. Llame al 1-877-605-3229 (TTY: 711).

注意：如果您說中文，可得到免費語言幫助服務。請致電 1-877-605-3229（聾啞人專用：711）



> Health by the numbers

Keep track of changes in health						
Date	Blood pressure	LDL	HDL	Triglycerides	Blood sugar	ABI
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Keep track of your waistline and BMI			
Date	Waist circumference	Weight	BMI

**Number standards**

**Blood pressure**

- Lower than 120/80: normal
- 120/80 – 139/89: prehypertension
- 140/90 – 159/99: Stage 1 hypertension
- 160/100 – 180/120: Stage 2 hypertension
- Greater than 180/120: see a doctor right away

**HDL (good) cholesterol**

- 60 or greater: best
- 40 – 60: average
- Lower than 40: high risk

**Blood sugar**

- 125 or greater: high risk
- 100 – 125: risk
- Lower than 100: best

**Body mass index**

- Less than 18.5: underweight
- 18.5 – 24.9: normal weight
- 24.9 – 30: overweight
- Greater than 30: obese

**Figure out your BMI:**

$$\text{BMI} = \frac{\text{weight in pounds} \times 703}{\text{height in inches}^2}$$

**Example:**

Weight: 140 pounds  
Height: 64 inches

$$140 \times 703 = 98,420$$

$$642 (64 \times 64) = 4,096$$

$$98,420 \div 4,096 = 24 \text{ (BMI)}$$